



BLACK BELT POOMSAE			
Division	1st Compulsory Poomsae	2nd Compulsory Poomsae	
Little Dragons (6-7 years old)	Taegeuk 2-5	Taegeuk 6-8, Koryo	
Ninjas (8-9 years old)			
Cadets 1 (10-11 years old)			
Cadet 2 (12-13 years old)			
Junior Division (14-18 years old)	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang, Taebaek	
1st Senior Division (19-30 years old)	Taegeuk 6-8, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin	
2nd Senior Division (31-40 years old)			
1st Masters Division (41-50 years old)	Taegeuk 8, Koryo, Keumgang, Taebaek	Pyongwon, Shipjin, Jitae, Chonkwon	
2nd Masters Division (51-60 years old)	Koryo, Keumgang, Taebaek, Pyongwon	Shipjin, Jitae, Chonkwon, Hansu	
3rd Masters Division (61 years old or higher)			
Pair	Dragon Ninja(6-9 years old)	Taegeuk 2-5	Taegeuk 6-8, Koryo
	Cadet(10-13 years old)		
	1st Pairs(14-35 years old)	Taegeuk 6-8, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Pairs (36 years old or higher)	Taegeuk 8, Koryo, Keumgang, Taebaek	Pyongwon, Shipjin, Jitae, Chonkwon
Team	Dragon Ninjas(6-9 years old)	Taegeuk 2-5	Taegeuk 6-8, Koryo
	Cadets (10-13 years old)		
	1st (14-35 years old)	Taegeuk 6-8, Koryo	Keumgang, Taebaek, Pyongwon, Shipjin
	2nd (36 years old or higher)	Taegeuk 8, Koryo, Keumgang, Taebaek	Pyongwon, Shipjin, Jitae, Chonkwon

COLOR BELT POOMSAE: Ages: 4-5, 6-7, 8-9, 10-11, 12-13, 14-18, 19-40, 41+

YELLOW	GREEN	BLUE	RED
Taegeuk/Palgwe 1or2	Taegeuk/Palgwe 3or4	Taegeuk/Palgwe 5or6	Taegeuk/Palgwe 7or8

COLOR BELT PAIR & TEAM POOMSAE: : Ages: 6-9, 10-13, 14-35, 36+ |

YELLOW-GREEN	BLUE-RED
Taegeuk/Palgwe 1-4	Taegeuk/Palgwe 5-8

A pair is made up of **one male** and **one female** that fall into the same belt and age group.

A team is made up of **three males** or **three females** that fall into the same belt and age group.